



## DEPARTMENT OF THE INTERIOR

### INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

For Release MAY 7, 1959

FOR FOOD EDITORS

#### THIS IS THE HALIBUT SEASON

Halibut are in season now that the halibut fleet has begun its annual harvest in the North Pacific waters off the coasts of Washington, British Columbia, and Alaska, says the United States Fish and Wildlife Service. The halibut season in the North Pacific waters lasts from 8 to 10 weeks. Smaller amounts of halibut are taken off the North Atlantic coast.

Halibut is the largest of the flatfishes ranging in size commercially from 5 to 80 pounds with a few as large as 400 pounds. This large, firm, and flavorful fish is one of the most highly prized of all white-fleshed fish and may be prepared by any of the basic cooking methods such as frying, baking, broiling, boiling, and steaming.

Halibut is available the year around in all parts of the United States, mainly as frozen steaks. Steaks are the cross section slices of dressed fish containing a cross section of the backbone. Chunks and fillets are other forms in which halibut may be purchased.

As a different way of serving halibut the home economists of the Bureau of Commercial Fisheries recommend "Baked Halibut Loaf".

#### BAKED HALIBUT LOAF

1 pound halibut steaks or fillets	1 tablespoon chopped parsley
1 quart boiling water	$\frac{1}{2}$ cup coffee cream
1 tablespoon salt	1 teaspoon grated onion
1 chicken bouillon cube	1 teaspoon salt
$\frac{3}{4}$ cup boiling water	Dash pepper
$1\frac{1}{2}$ cups soft bread cubes	2 teaspoons lemon juice
$\frac{1}{2}$ cup chopped celery	2 eggs, beaten

Place steaks in boiling salted water. Cover and return to the boiling point; simmer for 10 minutes or until fish flakes easily when tested with a fork. Drain. Remove skin and bones. Flake. Dissolve bouillon cube in boiling water. Combine all ingredients. Place in a well-greased loaf pan, 9 x 5 x 3 inches. Bake in a moderate oven, 350° F., for 1 hour or until loaf is firm in the center. Serves 6.

X X X